BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad head is dull or aching; if what you eat sours and forms gas and acid in stomach, or you are bilious, constipated, nervous, sallow and can't get feeling just right, begin drinking phosphated spoonful of limestone phosphate in it. nister was a gentleman. This will flush the poisons and toxins from stomach, liver, kidneys and bow- believe his ears when old Andrew curtels and cleanse, sweeten and purify ly refused his permission for the enthe entire alimentary tract. Do your gagement. inside bathing immediately upon arising in the morning to wash out of the time, sir!" he thundered. "And I system all the previous day's poison- knew from the beginning that you had ous waste, gases and sour bile before | wormed your way into my house in orputting more food into the stomach.

To feel like young folks feel; like me. you felt before your blood, nerves and muscles became loaded with body im- | er, "surely it is not stealing to fail in purities, get from your druggist or love withstorekeeper a quarter pound of limestone phosphate which is inexpensive and almost tasteless, except for a sourish tinge which is not unpleasant.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels. Men and women who are usually constipated, bilious, headachy or have any stomach disorder should begin this inside bathing before breakfast. They are assured they will become real cranks on the subject shortly .- Adv.

If a man's heart is all right his head is not far out of line.

Always use Red Cross Ball Blue, Delights

Industry is the mother of good luck.

Mrs. Wynn Tells How Lydia E. Pinkham's Vegetable Compound Helped Her During Change of Life.

Richmond, Va. - "After taking seven bottles of Lydia E. Pinkham's Vegetable Com-



pound I feel like a new woman, I always had a headache during the Change of Life and was also troubled with other bad feelings common at that timedizzy spells, nervous feelings and heat flashes. Now I am in better health

than I ever was and recommend your remedies to all my friends. "-Mrs. LENA WYNN, 2812 E. O Street, Richmond, Va. While Change of Life is a most critical period of a woman's existence, the annoying symptoms which accompany

it may be controlled, and normal health restored by the timely use of Lydia E. Pinkham's Vegetable Compound. Such warning symptoms are a sense of suffocation, hot flashes, headaches,

backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and

For these abnormal conditions do not fail to take Lydia E. Pinkham's Vegetable Compound.

Children Who Are Sickly

When your child cries at night, tosses restraaly in its sleep, is constipated, feverish or has symptoms of worms, you feel worried. Mothers who value their own comfort and the welfare of their children, should never be without a box of

Mother Gray's Sweet Powders for Children for use throughout the season. They tend to Break up Colds, relieve Faverishness. Constipation, Testing Disorders, move and reculate the Bowels and destroy Worm's. These powders are pleasant to take and easy for parents to give. They cleanse the stomach, act on the Liver and give bealthful sleep by regulating the child's any substitute.

Used by mothers for 28 years. Sold by all druggists, 25 cts. Sample mailed FREE. Address, Mother Gray Co., Le Roy, N. Y. Be sure you ask for and obtain Mother Gray's Sweet Powders for Children.

The famous Oneida Community Par Plate Silverware FREE with-

MACARONI or SPAGHETTI

Cook this delicious, healthful, economical food often, live better at less cost and at the same time save signature of Paul F. Skinner on each package. The signatures are valuable and will obtain you beautiful silverware absolutely free. Drop us a postal asking for free particulars and we will reply by return mail, sending you, in addition, a handsome 36-page book of recipes.

SKINNER MFG. CO.

Omaha, Neb. The Largest Macaroni Factory in America

RIGHT

By HAROLD CARTER

(Copyright, 1918, by W. G. Chapman.)

The interview was naturally an embarrassing one, but Roger Lewis had never had a moment's doubt of the result. He was a young lawyer, with hot water. Drink before breakfast, a a good practice; his antecedents were glass of real hot water with a tea- irreproachable. And old Andrew Ban-

Roger was therefore hardly able to

"I've seen this coming for a long der to steal my only child away from

"Bah! Don't talk of love to me! interpolated the old gentleman bitter-"You shall never marry my daughter, or I cast her adrift. Leave my door, and never darken it again!"

Certainly old Hannister had always been a little queer, but Roger could imagine no reason for this brutal selfishness. Amy listened to his account of the interview in amazement. She went direct to her father. What have you been saving to

oger?" she asked. "Roger? You mean Lewis, that impudent jackanapes that dared to pro-

pose for your hand!" But, father, I love him. What have you against him?" "I will not be bulldozed by you,

drel. He makes love to you without asking my leave. He-"If he had gone to you first, father, should have had nothing to do with

him," said Amy firmly. "You will have nothing more to do



Old Bannister Himself, Armed With a Gun.

us. You can marry that young scoundrel, or you can remain at home, instead of bringing your father's gray hairs in sorrow to his grave."

Amy began to weep. She left the room and thought her problem out. And it seemed to her that her first duty was to her father. Roger and she were both young; she was an only child, and her father loved her in his way. He had had a hard life until late years. There had always been unfulfilled hopes which had tormented him. He had lived a narrow, straightcut life. He had made bitter sacrifices to duty. In the end Amy wrote to Roger, telling him that their engagement must be postponed until she was able to bring her father to reason and discover where the trouble lay.

But she pined all that summer, and, once or twice, meeting Roger in the street, she was hardly able to resist his entreaties that she consent to an elopement. Her father, too, was growing stranger than ever,

At last Roger called at the house again. He went straight into Mr. Bannister's study. "I am going to marry your daughter, whether you like it or no," he said. "If you have anything against me, let's have it out now."

To his astonishment, he fancied that he saw a look of approval in the old man's eyes. But it passed instantly, and old Bannister raved and stormed at him. In the end he found himself outside, with nothing accomplished, and a deeper enmity between himself and his future father-in-law.

The next day a despairing little let-

ter came from Amy. "Roger, help me!" it began. "I am sending this by the cook, who brought me my dinner. Father has gone out of his mind. He induced me to enter the attic this morning, and then he turned the key on me. He has had bolts put on the door, and I am a prisoner here didn't mind lending her my hat and -and this is the twentieth century! Save me, and I will marry you at

once!" then he understood. Of course, the the use of our automobile one night old man's mind had been slowly fail- a week I had to draw the line."-Deing. He must be crazy. It would do treit Free Press. no good to start habeas corpus proceedings. He must rescue the girl

and take her away. A reconnoitering visit that afternoon disclosed, first, an eager face and children, and for our failure to get a fluttering handkerchief at a top the most out of them, is our attempt window; next, old Bannister himself, to understand their actions in terms armed with a gun, and pacing up and of our own maturer motives and vp1.

down the lawn. Roger waited till dark before put- attempt to understand at all, merely ting his plans into effect. His obser- a measuring and criticizing on the rations had disclosed to him a garden- assumption that their "reasons" for

脚つつつつつつつつつつつつの例 way that it reached up to u to 'maiden in the tower." Ascending that unobserved, he believed that he could stretch up his arms and pul Amy down to safety.

At dark he started out in his auto-The house was a little way outside the town limits. It was a lonely neighborhood, and this left him more freedom to deal tactfully with the artuation. He left the auto at the back of O old Bannister's little garage, and made his way toward the back of the house.

The ladder was still there. Unobserved, as he believed, Roger set foot upon the lowest rung, and soon he was tapping at the window pana

Amy opened the window with a little cry of joy. She was fully dressed, and carried a bag in her hand.

"I knew you would come, dearest." she whispered, and her arms clung to down to the top rung of the creaking, swaying ladder, and thence, rung by rung, down to the ground.

A moment later they were creeping through the darkness toward the hidden auto. Now the girl was inside, and Roger

was desperately cranking when a sudden shout rang out behind him. It was old Bannister, and he was rushing "But, Mr. Bannister," protested Rog- toward them. In his hand was the glint of a revolver, Roger leaped into the auto and

drew near. He sped down the road toward the boundary of the state, ten miles away, where a marriage could be performed without the formality of a license. But he had hardly left the house

was heard chugging along behind him. Now ensued a weird race through the shadows. Roger let her out to the limit. As he ran his mind revolved about a friend of his, a young minisceremony, even in his pajamas. But it was hard to throw the old man off the scent. The rattletrap behind never falled to indicate its presence in their neighborhood. Faintly the old man's cries came to their ears. But woman dangling at a strap makes a Amy!" stormed the old man. "I will not permit you to think of the scounnow the state line was crossed, and him in terror and joy, had thrown the seat, pursuers off the track among the houses and winding streets of the suburban town.

the doorstep, and hammered vigor- he wished. ously upon the door. It opened, and the Rev. Hugh Hughes-in his pacated the approach of the enemy. "How soon can you marry us?" de-

manded Roger. "Instantly," said the Rev. Hugh afternoon. Try to look in on us-Hughes. "Come in."

"And as the blows of Mr. Bannister's fists upon the door reverberated through the house. Amy was saving "I

The Rev. Hugh Hughes opened the

foor. "You're too late." he said to Mr. Banister. The old man strode forward and

surveyed the couple with an intensely self-satisfied smile. "Bless you, then-bless you," he

chuckled, gripping Roger by the hand. 'It's hard to lose an only daughter, out, by heck, I've got what every fa ther wants when he lets her go." "What's that?" demanded Roger in Foreign amazement.

"Fatherly privileges-stern refusal -desperate elopement-forgiveness," answered Banxister in a breath.

Lo's Business System.

Old settlers will tell you that the Indians broke the first ground for wheat growing purposes in the spring of 1881. The Indians got their first ideas of settling on land and establishing permanent homes from association with the cowhoys, Members of the tribe, including Pocatello Tom. China Eye and Big Lipped Pete, broke some ground and seeded a few acres of wheat.

When the wheat was harvested and meaning of their singular business methods the Indians would invariably reply: "You come to my wickiup, you heap want 'um. Me come to your wickiup, maybe so you don't want 'um at all!"-Farming Business.

Higher Home Efficiency. homes of America. It is being brought about by the study of such subjects as health, home nursing, child welfare, foods and food values, textiles and the making of clothing, the famment. The outcome will be better health, and greater comfort and happi- mai foods. ness for all at less expense. Because of the subjects named.

Where She Drew the Line. "I didn't object when the servant wanted the right to our piano once a week."

"No, I was glad to do that because she was musically inclined. And I opera cape for special occasions." "Indeed!"

"But when she decided that she and Roger read the letter in horror, and her sweetheart were also entitled to

Getting the Child's Point of View. One of the commonest reasons for our failure to get along with young ues. Or, rather, there is generally no ar's is ider, left by chance in such a doing things are similar to our own rescuers.



President's Attempt to Put World Into Two Camps

WASHINGTON.-When it came time for the president to arrange for the customary dinners to the diplomatic corps this winter, Mr. Wilson and his neck. Very carefully he lifted her his social, military and diffomatic assistants found themselves up against a hard proposition, due to the European



war. From the first it was evident that two dinners must be given, and so the president undertook to divide the diplomatic world of Washington into two camps, each of which would be harmonious. First, he put in camp No. 1 the entente powers, and in camp No. 2 the central powers. So far. so good. Then.

closing his ears to the whisperings of

those who professed to know the sentiment of the neutral countries, Mr. started away as the frenzied old man Wilson took the little blue-covered diplomatic book issued by the state department and placed in camp No. I the first neutral representative on the list. The next he put in the second camp, and alternating thus, he had the

world divided into camps, with the United States standing between. It was an ingenious though simple plan, and seemed to give assurance of peace at the festive board. But on second thought the chief executive gave it up and adopted another. The belligerent leaders of each camp were behind him when old Bannister's auto left as they were, but along with each of these groups the representatives of all the neutral countries were invited. So peace reigned anyhow, and the lucky neutrals had two dinners instead of one.

ter, who would certainly perform the Little Incident in a Street Car in Washington

FAT, wabbly woman, overburdened with what you might literally call a A game bug filled with trophies of the day's bargain hunt, entered a crowded car. No man showed symptoms of chivalry, and as a fat, wabbly

somewhat distressing show of herself. at length Roger, with Amy clinging to a young woman arose and gave up her This act of courtesy aroused no

belated gallantry in the man passengers, each of whom read his paper or Roger dashed toward his friend's looked bluntly satisfied and uncaring, house. He pulled up, left the auto at as, of course, he had a right to do if

After a bit a man boarded the car. saw the girl, cordially shook her free jamas-stood confronting them, while hand and said to her in the voice of in the distance a rattle, rattle indi- one who owns the world and all there is in it:

"If you want to hear me speak here's your chance. Come up to the capitol with me now for luncheon. Mary will be there." "Thank you, not this time, senator. We have a tea on hand for the red, rough and irritated hands as Cuti-

Our home men are not toudies, but there are always exceptions. And Soak hands on retiring in hot Cuticura they happened to be in the car. Every newspaper lost its lure for the soapsuds. Dry, and gently anoint hands reader masked behind its pages. Every stolid passenger who had ignored with Cuticura Ointment. A one-night

the mere everyday woman who had given them an object lesson in unselfish- treatment works wonders. ness became simultaneously solicitous to place his share of the car at the disposal of the booming-toned senator and his friend. Neither paid any attention, thanks be; and that was all there was to

except that-It was anly another proof of a now generally accepted fact-that young women who go out in the world to battle for right of way are acquiring a protective tenderness for all who are old and helpless-a protective tenderness which men are throwing aside, and which selfish, home-pampered women and girls never did have, and never will,

Lotteries Worrying

TNCREASE in the number of government lotteries abroad, as the war drags I itself out, is forcing United States postal authorities to be especially A wild pigeon that has a haunt watchful to prevent their advertisement in this country. The lotteries are somewhere near the old Boston City given publicity in the United States club has formed a habit of coming



fice department. Individual letters his supper.

are written to American citizens in an ets and news stories are circulated of bird having its midnight meat. fabulous sums won. Letters soliciting clients, if they pigeons to do so. fall into the department's hands, never reach their destinations. Some get at roost at such an hour?-Boston

through the department if on the outside they do not present suspicious appearance. All the suspected letters 'threshed' in primitive Indian fash- are diverted and opened. With news stories the department does not find

it so easy to deal. The solicitor's office of the department does not have grain. The native wheat king would deliver wheat to American Falls, or elsewhere in the vicinity, for 50 cents a bushel. If the customer went after the grain the price was one dollar a department says, which approach closely a violation of the law. A story in the grain the price was one dollar a department and one for the department does not have to deal. The solicitor's office of the department holds that any similative of Barbo Compound, and is oz. of glycerine. Apply to the half twice a week antil it becomes the department holds that any similative of Barbo Compound, and is oz. of glycerine. Apply to the half twice a week antil it becomes the department holds that any similative of Barbo Compound, and is oz. of glycerine. Apply to the half twice a week antil it becomes the department though that any sill constant is a straight of the department holds that any sill tow of Barbo Compound, and is oz. of glycerine. Apply to the half twice a week antil it becomes the department holds that any sill tow of Barbo Compound, and is oz. of glycerine. Apply to the half twice a week antil it becomes the department holds that any sill tow of Barbo Compound, and is oz. of glycerine. Apply to the half twice a week antil it becomes the desired shade. Apply under the antil it becomes the department is a week antil it becomes the desired shade. Apply under the antil it becomes the desired shade. Apply under the antil it becomes the desired shade. Apply under the antil it becomes the department is a week antil it is one of the department that any sill tow of Barbo Compound, and is oz. of such that any sill tow of Barbo Compound and is oz. of such that any sill tow of Barbo Compound and is oz. of such that any sill tow of Barbo Compound and is oz. of such that any sill tow of Barbo Compound and is oz. of such that any sill tow of Barbo Compound and is oz. of such that any sill tow of Barbo Compound and is oz. of such that any sill tow of Barbo Compound an department says, which approach closely a violation of the law, A story bushel. When questioned as to the that mentions the name of a winner or winners of a lottery is held to be a distinct violation. A story, too, that might be expected to attract such

attention to a lottery that readers would investigate is held to be a violation. Most of the lotteries being carried on in Europe now are for war benefits. Hospitals, the wounded, soldiers' dependents and other war victims are always running after me.

A revolution is going on in the Uncle Sam Looks After the Health of the Oyster To Fortify The System Against Grip

DESIROUS that more of the hundred million inhabitants of this country should realize their good fortune in living near the waters in which oysters grow better than anywhere else in the world, the federal government is ily budget, and household manage. doing all that it can to increase the OYSTER BEDS consumption of this cheapest of ani-

For a generation the bureau of there is a demand for such instruc- fisheries of the department of comtion, and because the ends sought are merce has made a study of the oyster, so desirable, schools and colleges of and has revealed details of its life agriculture all over the country are history that have made possible its offering short sessions for the study propagation with increasing success. and to such an extent that its price has remained practically the same for 25 years. More recently the bureau of chemistry of the department of

agriculture and the public health service of the treasury department have been co-operating in a sanitary survey of the oyster beds of the Atlantic coast, which has resulted in the closing of those found to be in any way polluted. The work of its various agencies has been so thorough that the government announces that oysters are more sanitary and better than ever before.

OK

In the enforcement of sanitary regulations concerning oyster beds the federal government has, of course, been restricted to oysters entering interstate commerce, but by co-operation with various states the good effects of the federal work have been extended practically all over the country.

SUBMARINE RESCUE DEVICE.

One of the recently invented submarine-rescue devices is designed to furnish the imprisoned crew a supply of air and also extend a line to the surface of the water for facilitating the rising of the disabled craft.

An important part of the apparatus consists of a collapsible box containing an air bag, which, when inflated, rises to the surface, carrying with it a swivel-jointed pipe within which is a hose. The air for this lifting chamber is taken from the submarine, but as soon as it reaches the surface the pumps in the submerged boat may be set at work sucking in oxygen.

A cord which is tied to a cable attached to one end of the craft is fastened to the box. By pulling this up the rescuers are able to obtain a heavy line with which the submarine may be raised. Wires carried by the bo establish telephone communication between those under the water and the



Horseshoes that are attached by boits instead of nails have been patented by an Englishman.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

The Earlier Opportunity.

Do you think our friend's peace clans can end the war?" "I'm afraid not. Anybody smart enough to end the war would have

RED, ROUGH, SORE HANDS

been smart enough to prevent it."

May Be Soothed and Healed by Use of Cuticura. Trial Free. Nothing so soothing and healing for

cura Soap and Cuticura Ointment. Free sample each by mail with Book.

Address postcard, Cuticura, Dept. L. Boston. Sold everywhere. -- Adv.

Old Sailing Vessel. Discharging a cargo at West Hartlepool recently was the Danish sailing vessel De Tvende Brodre, which is the oldest ship trading in the North sea. It was built at Merstal and is one hundred and twenty-nine years old. Owing to the demand for ships of all Postal Authorities kinds, it is doing a brisk trade.—London Chronicle.

Boston's Nocturnal Habits. in two ways, it is said at the post of down into the street late at night for

Several nights lately as I have come effort to induce them to purchase ticle | through Beacon street I have seen the strikes me as something unusual for Shouldn't self-respecting pigeons be

RECIPE FOR GRAY HAIR. To half pint of water add 1 oz. Bay Rum, a

It will not color the scalp, is not sticky or greasy, and does not rub off. -- Adv. Conceited Karl-You know, people Sarcastic Gus-Who? The police?

PREPAREDNESS!

when Crip is prevalent LAXATIVE BROMO QUININE should be taken, as this combination of Quinine with other ingredients decrease germs acts as a Fonic and Laxative and the keeps the system is condition to withstand Colds, Grip and Influenza. There is only one "BROMO QUININE E W GROVE'S signature on hox aso."

Cause and Effect. "What lautern juws Jones bas!" "I suppose that is why his face lights up so when he talks."

Use Marine after Exposure in Cold. Cutting Winds and Dust. It Restores. Refreshes and Promoter Sye Health. Good for all Eyes that Need Care. Murine Eye Remedy Co., Chicago. Sends Eye Book on request.

He-And may I kiss your band? She-Is that the way you've been

Danger that's known is a guidepost to safety.

Most particular women use Red Cross Ball Blue, American made, Sure to please, At all good grocers. Adv. Peculiar Reply.

on spot them.

Jessie-I hadn't the heart to do it, And mred in the 14 days by Plant Application
And mred in the 14 days by PANO UNITARIST, the
universal remoty for all forms of Plies Droggists
refund money if it falls. 100.

I you hated to refuse him?

Tessie-Why didn't you accept him

Naturally. Noah (just before the storm) -All he snimals on board?

Shem-All but the leopards, but I'll

Rest Those Worn Nerves Don't give up. When you feel all unstrung, when family cares seem too hard to bear, and backache, dizzy headaches and irregular kidney action mystify you, renember that such troubles often ome from weak kidneys and it may be that you only need Doan's Kidney Pills to make you well.

Don't delay. Profit by other peode's experiences. An Indiana Case

Get Doan's at Any Store, 50c a Box DOAN'S RIDNEY FOSTER-MILBURN CO., BUFFALO, N. Y.

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. CARTER'S LITTLE LIVER PILLS CARTERS Cures Cor stipation, Indigestion, Headache,

and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature



FREE to ladies.—Sample greatest most effective superfluon hair remover known. Be to Sever expense. thus, w wills, then \$12, Builden Beights, S.A.

Salesmen wanted—Any huntler with no moor detwing built on per week and built on per week and built on per week and on the per week and on the sales was to built on, the sales Manager, Stetzen OH Co., Cheekank, Chie STEER RELIEF" FOR PORDS, DON RECOR-

POST AND CARR, NEW LONDON, OHIO.

W. N. U., FORT WAYNE, NO. 7-1916.

THE CAUSE OF BACKACHE, RHEUMATISM, LUMBAGO

Ever since the discovery of uric acid | other diseases which are dependent on this poison. Recause of its overabundance in the system it causes package of "Anuric" Tablets. backache, pains here and there, rheu-matism, gout, gravel, neuralgia and sleep is disturbed by too frequent sleep is disturbed by too frequent sciatica. It was Dr. Pierce who dis-covered a new agent, called "Anuric," ask for Dr. Pierce's "Anuric," which will throw out and completely

Dr. Pierce's reputation is buck of ticular rheumatism or gout, or many for the past fifty years.

in the blood by Scheele, in 1775, and an accumulation of uric acid within the bad effect it had upon the body. Send to Dr. Pierce of the scientists and physicians have striven to rid the tissues and the blood of this poison. Recause of its over-"Anuric," or send 10 cents for a trial If you feel that tired, worn-out feel-

Dr. Pierce's reputation is buck of eradicate this uric acid from the systhis medicine and you know that his tem. "Anuric" is 37 times more po- "Pleasant Pelleta" for the liver and his tent than lithia, and consequently you "Favorite Prescription" for the ills of need no longer fear muscular or ar- women have had a splendid reputation